

| Pl | Stno | Name | Time | (cont.) | | | | | | | | | | | | | | | | | |
|----|------|------------------------------------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---|
| | | | | 2.7 km | | | 53 m | | | 16 C | | | | | | | | | | | F |
| | | | | 1(97) | 2(124) | 3(100) | 4(137) | 5(106) | 6(102) | 7(103) | 8(123) | 9(108) | 10(134) | 11(101) | 12(138) | 13(139) | 14(98) | 15(99) | 16(114) | F | |
| 3 | 131 | Saile, Patrick GHO | 14:31 | 1:05 | 2:13 | 2:26 | 3:53 | 5:21 | 6:02 | 6:53 | 9:05 | 10:07 | 10:26 | 12:11 | 12:29 | 12:53 | 13:11 | 13:53 | 14:16 | 14:31 | |
| | | | | 1:05 | 1:08 | 0:13 | 1:27 | 1:28 | 0:41 | 0:51 | 2:12 | 1:02 | 0:19 | 1:45 | 0:18 | 0:24 | 0:18 | 0:42 | 0:23 | 0:15 | |
| 3 | 318 | Critchley, Will EOOC | 14:31 | 0:53 | 1:51 | 2:03 | 3:24 | 4:35 | 5:14 | 5:56 | 9:31 | 10:13 | 10:28 | 12:13 | 12:30 | 12:51 | 13:09 | 13:58 | 14:17 | 14:31 | |
| | | | | 0:53 | 0:58 | 0:12 | 1:21 | 1:11 | 0:39 | 0:42 | 3:35 | 0:42 | 0:15 | 1:45 | 0:17 | 0:21 | 0:18 | 0:49 | 0:19 | 0:14 | |
| 5 | 263 | Torrance, Jon Ottawa OC | 14:39 | 1:02 | 2:33 | 2:44 | 4:15 | 5:41 | 6:28 | 7:18 | 9:33 | 10:29 | 10:46 | 12:14 | 12:37 | 12:59 | 13:22 | 13:59 | 14:23 | 14:39 | |
| | | | | 1:02 | 1:31 | 0:11 | 1:31 | 1:26 | 0:47 | 0:50 | 2:15 | 0:56 | 0:17 | 1:28 | 0:23 | 0:22 | 0:23 | 0:37 | 0:24 | 0:16 | |
| 6 | 325 | Moholdt, Geir San Diego | 14:41 | 1:15 | 2:22 | 2:35 | 4:04 | 5:29 | 6:14 | 7:03 | 9:22 | 10:19 | 10:37 | 12:04 | 12:35 | 12:56 | 13:17 | 13:57 | 14:24 | 14:41 | |
| | | | | 1:15 | 1:07 | 0:13 | 1:29 | 1:25 | 0:45 | 0:49 | 2:19 | 0:57 | 0:18 | 1:27 | 0:31 | 0:21 | 0:21 | 0:40 | 0:27 | 0:17 | |
| 7 | 134 | Johansson, Magnus GVOC | 15:00 | 1:09 | 2:18 | 2:31 | 4:11 | 5:40 | 6:27 | 7:16 | 9:35 | 10:33 | 10:52 | 12:28 | 12:54 | 13:15 | 13:35 | 14:20 | 14:43 | 15:00 | |
| | | | | 1:09 | 1:09 | 0:13 | 1:40 | 1:29 | 0:47 | 0:49 | 2:19 | 0:58 | 0:19 | 1:36 | 0:26 | 0:21 | 0:20 | 0:45 | 0:23 | 0:17 | |
| 8 | 295 | May, Brian Sage | 15:08 | 1:24 | 2:44 | 3:02 | 4:43 | 6:06 | 6:52 | 7:45 | 10:05 | 10:57 | 11:16 | 12:43 | 13:03 | 13:25 | 13:44 | 14:26 | 14:50 | 15:08 | |
| | | | | 1:24 | 1:20 | 0:18 | 1:41 | 1:23 | 0:46 | 0:53 | 2:20 | 0:52 | 0:19 | 1:27 | 0:20 | 0:22 | 0:19 | 0:42 | 0:24 | 0:18 | |
| 9 | 352 | Smith, Mike ONB Falcon | 15:11 | 1:04 | 2:07 | 2:18 | 4:51 | 6:15 | 6:59 | 7:58 | 10:14 | 11:08 | 11:25 | 12:51 | 13:10 | 13:31 | 13:49 | 14:30 | 14:54 | 15:11 | |
| | | | | 1:04 | 1:03 | 0:11 | 2:33 | 1:24 | 0:44 | 0:59 | 2:16 | 0:54 | 0:17 | 1:26 | 0:19 | 0:21 | 0:18 | 0:41 | 0:24 | 0:17 | |
| 10 | 246 | Janecek, Oldrich Hana O | 15:12 | 1:08 | 2:35 | 2:47 | 4:20 | 5:46 | 6:36 | 7:26 | 9:51 | 10:46 | 11:04 | 12:33 | 12:57 | 13:26 | 13:49 | 14:31 | 14:54 | 15:12 | |
| | | | | 1:08 | 1:27 | 0:12 | 1:33 | 1:26 | 0:50 | 0:50 | 2:25 | 0:55 | 0:18 | 1:29 | 0:24 | 0:29 | 0:23 | 0:42 | 0:23 | 0:18 | |
| 11 | 161 | Kemp, Eric Ottawa OC | 15:30 | 1:05 | 2:15 | 3:04 | 4:35 | 6:19 | 7:04 | 7:56 | 10:07 | 11:00 | 11:24 | 13:04 | 13:25 | 13:47 | 14:07 | 14:52 | 15:14 | 15:30 | |
| | | | | 1:05 | 1:10 | 0:49 | 1:31 | 1:44 | 0:45 | 0:52 | 2:11 | 0:53 | 0:24 | 1:40 | 0:21 | 0:22 | 0:20 | 0:45 | 0:22 | 0:16 | |
| 12 | 106 | Graupner, Steven CdeB | 15:43 | 1:16 | 2:31 | 2:42 | 4:12 | 5:43 | 6:32 | 7:23 | 10:46 | 11:41 | 11:58 | 13:27 | 13:45 | 14:04 | 14:24 | 15:04 | 15:27 | 15:43 | |
| | | | | 1:16 | 1:15 | 0:11 | 1:30 | 1:31 | 0:49 | 0:51 | 3:23 | 0:55 | 0:17 | 1:29 | 0:18 | 0:19 | 0:20 | 0:40 | 0:23 | 0:16 | |
| 13 | 288 | Teutsch, Jeffrey Ottawa OC | 16:34 | 1:10 | 2:22 | 2:34 | 4:05 | 6:05 | 6:54 | 7:51 | 10:13 | 11:29 | 11:46 | 13:53 | 14:18 | 14:43 | 15:06 | 15:51 | 16:14 | 16:34 | |
| | | | | 1:10 | 1:12 | 0:12 | 1:31 | 2:00 | 0:49 | 0:57 | 2:22 | 1:16 | 0:17 | 2:07 | 0:25 | 0:25 | 0:23 | 0:45 | 0:23 | 0:20 | |
| 14 | 123 | Oeschger, Severin O Kölliken | 16:39 | 1:16 | 2:35 | 2:49 | 4:47 | 6:29 | 7:28 | 8:22 | 11:06 | 12:09 | 12:29 | 14:12 | 14:32 | 14:54 | 15:14 | 16:01 | 16:23 | 16:39 | |
| | | | | 1:16 | 1:19 | 0:14 | 1:58 | 1:42 | 0:59 | 0:54 | 2:44 | 1:03 | 0:20 | 1:43 | 0:20 | 0:22 | 0:20 | 0:47 | 0:22 | 0:16 | |
| 15 | 261 | Walker, Greg CSU | 16:44 | 1:08 | 2:41 | 2:53 | 4:35 | 6:23 | 7:16 | 8:14 | 10:50 | 11:52 | 12:11 | 13:47 | 14:19 | 14:43 | 15:05 | 15:53 | 16:25 | 16:44 | |
| | | | | 1:08 | 1:33 | 0:12 | 1:42 | 1:48 | 0:53 | 0:58 | 2:36 | 1:02 | 0:19 | 1:36 | 0:32 | 0:24 | 0:22 | 0:48 | 0:32 | 0:19 | |
| 16 | 253 | Konotopetz, Damian CdeB | 16:57 | 1:01 | 2:04 | 2:15 | 3:52 | 5:32 | 6:27 | 7:21 | 11:57 | 12:50 | 13:09 | 14:43 | 14:59 | 15:18 | 15:38 | 16:21 | 16:41 | 16:57 | |
| | | | | 1:01 | 1:03 | 0:11 | 1:37 | 1:40 | 2:55 | 0:54 | 2:36 | 0:53 | 0:19 | 1:34 | 0:16 | 0:19 | 0:20 | 0:43 | 0:20 | 0:16 | |
| 17 | 170 | Murray, Nansen YOA | 17:27 | 1:22 | 2:47 | 3:05 | 4:52 | 6:33 | 7:28 | 8:25 | 10:47 | 11:46 | 12:08 | 13:59 | 14:41 | 15:28 | 15:55 | 16:46 | 17:10 | 17:27 | |
| | | | | 1:22 | 1:25 | 0:18 | 1:47 | 1:41 | 0:55 | 0:57 | 2:22 | 0:59 | 0:22 | 1:51 | 0:42 | 0:47 | 0:27 | 0:51 | 0:24 | 0:17 | |
| 18 | 305 | Moore, Ian ARCT | 17:41 | 1:23 | 3:04 | 3:21 | 5:30 | 7:42 | 8:37 | 9:35 | 12:08 | 13:11 | 13:30 | 15:13 | 15:34 | 15:57 | 16:17 | 17:03 | 17:26 | 17:41 | |
| | | | | 1:23 | 1:41 | 0:17 | 2:09 | 2:12 | 0:55 | 0:58 | 2:33 | 1:03 | 0:19 | 1:43 | 0:21 | 0:23 | 0:20 | 0:46 | 0:23 | 0:15 | |
| 19 | 156 | Graupner, Thomas CdeB | 18:52 | 1:13 | 3:15 | 3:26 | 5:16 | 7:16 | 8:06 | 9:08 | 11:54 | 12:57 | 13:20 | 15:46 | 16:10 | 16:42 | 17:20 | 18:08 | 18:34 | 18:52 | |
| | | | | 1:13 | 2:02 | 0:11 | 1:50 | 2:00 | 0:50 | 1:02 | 2:46 | 1:03 | 0:23 | 2:26 | 0:24 | 0:32 | 0:38 | 0:48 | 0:26 | 0:18 | |
| 20 | 317 | Barrett, Nathan Detroit GVOC | 19:52 | 1:39 | 4:27 | 4:43 | 7:09 | 8:43 | 9:27 | 10:20 | 12:40 | 13:36 | 13:55 | 15:35 | 16:10 | 16:39 | 17:03 | 19:13 | 19:37 | 19:52 | |
| | | | | 1:39 | 2:48 | 0:16 | 2:26 | 1:34 | 0:44 | 0:53 | 2:20 | 0:56 | 0:19 | 1:40 | 0:35 | 0:29 | 0:24 | 2:10 | 0:24 | 0:15 | |
| 21 | 282 | Sacher, Martin Bussola OK | 20:29 | 1:46 | 3:19 | 3:37 | 5:23 | 9:48 | 10:49 | 11:48 | 14:37 | 15:42 | 16:02 | 17:52 | 18:17 | 18:41 | 19:00 | 19:44 | 20:09 | 20:29 | |
| | | | | 1:46 | 1:33 | 0:18 | 1:46 | 4:25 | 1:01 | 0:59 | 2:49 | 1:05 | 0:20 | 1:50 | 0:25 | 0:24 | 0:19 | 0:44 | 0:25 | 0:20 | |
| 22 | 292 | Teutsch, Alex Ottawa OC | 21:26 | 1:27 | 2:48 | 3:02 | 5:19 | 7:05 | 8:26 | 9:27 | 12:46 | 14:34 | 14:54 | 16:51 | 17:22 | 19:21 | 19:47 | 20:44 | 21:08 | 21:26 | |
| | | | | 1:27 | 1:21 | 0:14 | 2:17 | 1:46 | 1:21 | 1:01 | 3:19 | 1:48 | 0:20 | 1:57 | 0:31 | 1:59 | 0:26 | 0:57 | 0:24 | 0:18 | |
| 23 | 302 | Chung, Raymond TOC | 22:06 | 1:19 | 3:53 | 4:08 | 6:57 | 9:30 | 10:31 | 11:33 | 15:12 | 16:34 | 16:58 | 18:50 | 19:25 | 19:51 | 20:18 | 21:13 | 21:47 | 22:06 | |
| | | | | 1:19 | 2:34 | 0:15 | 2:49 | 2:33 | 1:01 | 1:02 | 3:39 | 1:22 | 0:24 | 1:52 | 0:35 | 0:26 | 0:27 | 0:55 | 0:34 | 0:19 | |
| 24 | 303 | Cernin, Zbynek Cascade OC | 22:07 | 1:29 | 3:21 | 3:42 | 5:58 | 7:50 | 8:48 | 9:53 | 15:21 | 16:35 | 17:01 | 19:06 | 19:42 | 20:09 | 20:36 | 21:24 | 21:49 | 22:07 | |
| | | | | 1:29 | 1:52 | 0:21 | 2:16 | 1:52 | 0:58 | 1:05 | 5:28 | 1:14 | 0:26 | 2:05 | 0:36 | 0:27 | 0:27 | 0:48 | 0:25 | 0:18 | |
| 25 | 298 | Ryabkov, Nikolay TOC | 24:04 | 1:13 | 3:16 | 3:32 | 6:04 | 8:39 | 9:36 | 11:32 | 15:57 | 17:19 | 17:43 | 20:35 | 21:21 | 21:51 | 22:26 | 23:17 | 23:47 | 24:04 | |
| | | | | 1:13 | 2:03 | 0:16 | 2:32 | 2:35 | 0:57 | 1:56 | 4:25 | 1:22 | 0:24 | 2:52 | 0:46 | 0:30 | 0:35 | 0:51 | 0:30 | 0:17 | |
| 26 | 316 | Nipen-Barrie, Troy GVOC | 25:11 | 2:15 | 6:23 | 6:36 | 8:34 | 12:21 | 13:45 | 14:40 | 18:34 | 19:45 | 20:26 | 22:07 | 22:40 | 23:02 | 23:23 | 24:11 | 24:54 | 25:11 | |
| | | | | 2:15 | 4:08 | 0:13 | 1:58 | 3:47 | 1:24 | 0:55 | 3:54 | 1:11 | 0:41 | 1:41 | 0:33 | 0:22 | 0:21 | 0:48 | 0:43 | 0:17 | |
| 27 | 122 | Sigvaldason, Chris EOOC | 28:59 | 3:30 | 5:57 | 6:13 | 9:01 | 11:51 | 13:51 | 15:26 | 19:31 | 21:24 | 21:51 | 25:03 | 25:37 | 26:09 | 26:49 | 28:02 | 28:35 | 28:59 | |
| | | | | 3:30 | 2:27 | 0:16 | 2:48 | 2:50 | 2:00 | 1:35 | 4:05 | 1:53 | 0:27 | 3:12 | 0:34 | 0:32 | 0:40 | 1:13 | 0:33 | 0:24 | |

5:46
*100

| M35-44 (7) | | | | 2.7 km | | | 53 m | | | 16 C | | | | | | | | | | | F |
|------------|-----|------------------------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---|
| | | | | 1(97) | 2(124) | 3(100) | 4(137) | 5(106) | 6(102) | 7(103) | 8(123) | 9(108) | 10(134) | 11(101) | 12(138) | 13(139) | 14(98) | 15(99) | 16(114) | F | |
| 1 | 166 | Langbakk, Brent YOA | 14:18 | 1:03 | 2:21 | 2:33 | 4:08 | 5:27 | 6:25 | 7:16 | 9:33 | 10:23 | 10:40 | 12:02 | 12:21 | 12:41 | 12:59 | 13:38 | 14:01 | 14:18 | |
| | | | | 1:03 | 1:18 | 0:12 | 1:35 | 1:19 | 0:58 | 0:51 | 2:17 | 0:50 | 0:17 | 1:22 | 0:19 | 0:20 | 0:18 | 0:39 | 0:23 | 0:17 | |
| 2 | 328 | Duca, Nick STARS | 15:16 | 0:56 | 2:18 | 2:29 | 4:10 | 5:34 | 6:23 | 7:15 | 9:30 | 10:39 | 10:58 | 12:32 | 12:52 | 13:15 | 13:55 | 14:37 | 14:59 | 15:16 | |
| | | | | 0:56 | 1:22 | 0:11 | 1:41 | 1:24 | 0:49 | 0:52 | 2:15 | 1:09 | 0:19 | 1:34 | 0:20 | 0:23 | 0:40 | 0:42 | 0:22 | 0:17 | |
| 3 | 342 | | | | | | | | | | | | | | | | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | | |
|--------------------|------|--------------------------------|-------------------------|---------------------|---------------------|----------------------------|----------------------------|---------------------|---------------------|----------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| M35-44 (7) | | | 2.7 km 53 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | | | | | |
| | | | 1(97) | 2(124) | 3(100) | 4(137) | 5(106) | 6(102) | 7(103) | 8(123) | 9(108) | 10(134) | 11(101) | 12(138) | 13(139) | 14(98) | 15(99) | 16(114) | F | |
| 5 | 160 | Zissos, Adrian FWOC | 18:57 | 1:33 1:33 | 3:15 1:42 | 3:32 0:17 | 5:25 1:53 | 7:11 1:46 | 8:09 0:58 | 9:12 1:03 | 11:55 2:43 | 13:06 1:11 | 13:28 0:22 | 15:42 2:14 | 16:23 0:41 | 16:48 0:25 | 17:18 0:30 | 18:09 0:51 | 18:39 0:30 | 18:57 0:18 |
| 6 | 178 | Kelly, Ryan YOA | 26:34 | 1:58 1:58 | 3:42 1:44 | 4:04 0:22 | 6:58 2:54 | 8:57 1:59 | 10:01 1:04 | 11:18 1:17 | 18:01 6:43 | 19:13 1:12 | 19:46 0:33 | 22:24 2:38 | 22:54 0:30 | 23:33 0:39 | 24:25 0:52 | 25:42 1:17 | 26:15 0:33 | 26:34 0:19 |
| 7 | 260 | Richardson, James Ottawa OC | 28:44 | 2:27 2:27 | 4:09 1:42 | 5:26 1:17 | 8:32 3:06 | 10:45 2:13 | 11:46 1:01 | 12:57 1:11 | 20:46 7:49 | 22:10 1:24 | 22:36 0:26 | 24:54 2:18 | 25:24 0:30 | 25:48 0:24 | 26:19 0:31 | 27:52 1:33 | 28:27 0:35 | 28:44 0:17 |
| M45-54 (20) | | | 2.7 km 53 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | | | | | |
| | | | 1(97) | 2(124) | 3(100) | 4(137) | 5(106) | 6(102) | 7(103) | 8(123) | 9(108) | 10(134) | 11(101) | 12(138) | 13(139) | 14(98) | 15(99) | 16(114) | F | |
| 1 | 293 | Larsson, Svante OK Vargen | 18:47 | 1:22 1:22 | 2:59 1:37 | 3:13 0:14 | 5:07 1:54 | 6:49 1:42 | 7:46 0:57 | 9:00 1:14 | 11:59 2:59 | 13:14 1:15 | 13:36 0:22 | 15:43 2:07 | 16:09 0:26 | 16:40 0:31 | 17:06 0:26 | 17:57 0:51 | 18:27 0:30 | 18:47 0:20 |
| 2 | 157 | Mlynczyk, Eugene Ukr OC | 18:57 | 1:13 1:13 | 2:50 1:37 | 3:04 0:14 | 4:53 1:49 | 6:42 1:49 | 8:43 0:58 | 11:31 1:03 | 12:44 2:48 | 13:07 1:13 | 15:57 0:23 | 16:20 2:50 | 16:57 0:23 | 17:20 0:37 | 18:10 0:23 | 18:40 0:50 | 18:57 0:30 | 18:57 0:17 |
| 3 | 189 | Robert, Zdrahal Hana O | 20:23 | 1:34 1:34 | 2:55 1:21 | 3:13 0:18 | 6:35 3:22 | 8:10 1:35 | 9:45 1:35 | 10:46 1:01 | 13:43 2:57 | 14:59 1:16 | 15:23 0:24 | 17:07 1:44 | 17:35 0:28 | 18:09 0:34 | 18:39 0:30 | 19:27 0:48 | 19:58 0:31 | 20:23 0:25 |
| 4 | 312 | Rascher, Michael GVOC | 21:10 | 1:33 1:33 | 3:37 2:04 | 4:05 0:28 | 6:08 2:03 | 8:07 1:59 | 9:08 1:01 | 10:18 1:10 | 13:22 3:04 | 14:26 1:04 | 14:48 0:22 | 17:14 2:26 | 17:54 0:40 | 18:38 0:44 | 19:20 0:42 | 20:16 0:56 | 20:49 0:33 | 21:10 0:21 |
| 5 | 306 | Omdal, Sturle FWOC | 21:30 | 1:36 1:36 | 3:38 2:02 | 4:15 0:37 | 6:27 2:12 | 8:24 1:57 | 9:22 0:58 | 10:28 1:06 | 14:00 3:32 | 15:33 1:33 | 16:02 0:29 | 18:12 2:10 | 18:42 0:30 | 19:11 0:29 | 19:45 0:34 | 20:42 0:57 | 21:11 0:29 | 21:30 0:19 |
| 6 | 355 | Laurich, Peter Ottawa OC | 23:43 | 1:46 1:46 | 3:39 1:53 | 3:56 0:17 | 6:06 2:10 | 8:24 2:18 | 9:31 1:07 | 10:38 1:07 | 14:11 3:33 | 15:23 1:12 | 15:57 0:34 | 18:32 2:35 | 19:01 0:29 | 21:16 2:15 | 21:58 0:42 | 22:53 0:55 | 23:27 0:34 | 23:43 0:16 |
| 7 | 241 | Irimie, Sevastian STARS | 24:16 | 1:18 1:18 | 5:31 4:13 | 6:47 1:16 | 9:17 2:30 | 11:21 2:04 | 12:29 1:08 | 13:48 1:19 | 17:05 3:17 | 18:21 1:16 | 18:50 0:29 | 21:06 2:16 | 21:33 0:27 | 22:02 0:29 | 22:25 0:23 | 23:23 0:58 | 23:55 0:32 | 24:16 0:21 |
| 8 | 192 | Karel, Krsak Hana O | 24:28 | 1:37 1:37 | 3:31 1:54 | 3:51 0:20 | 6:29 2:38 | 8:44 2:15 | 10:02 1:18 | 11:30 1:28 | 15:38 4:08 | 17:23 1:45 | 17:54 0:31 | 20:21 2:27 | 20:58 0:37 | 21:40 0:42 | 22:11 0:31 | 23:20 1:09 | 23:59 0:39 | 24:28 0:29 |
| 9 | 165 | Kemp, Randy Ottawa OC | 26:01 | 1:24 1:24 | 3:29 2:05 | 3:45 0:16 | 9:28 5:43 | 11:24 1:56 | 12:23 0:59 | 13:32 1:09 | 16:32 3:00 | 17:41 1:09 | 18:05 0:24 | 20:49 2:44 | 21:27 0:38 | 23:47 2:20 | 24:13 0:26 | 25:08 0:55 | 25:39 0:31 | 26:01 0:22 |
| 10 | 250 | Urban, Jan Cascade OC | 26:36 | 1:28 1:28 | 3:23 1:55 | 3:46 0:23 | 6:34 2:48 | 9:35 3:01 | 10:57 1:22 | 12:26 1:29 | 16:39 4:13 | 18:22 1:43 | 18:56 0:34 | 22:00 3:04 | 22:28 0:28 | 23:49 1:21 | 24:18 0:29 | 25:30 1:12 | 26:12 0:42 | 26:36 0:24 |
| 11 | 218 | Nelson, Vern CdeB | 27:06 | 1:40 1:40 | 3:25 1:45 | 3:49 0:24 | 6:32 2:43 | 8:45 2:13 | 9:47 1:02 | 11:02 1:15 | 14:44 3:42 | 16:04 1:20 | 16:27 0:23 | 18:49 2:22 | 19:19 0:30 | 24:12 4:53 | 24:35 0:23 | 26:10 1:35 | 26:44 0:34 | 27:06 0:22 |
| 12 | 114 | Svoboda, Robert FWOC | 28:12 | 2:27 2:27 | 4:45 2:18 | 5:09 0:24 | 7:42 2:33 | 9:58 2:16 | 11:20 1:22 | 12:50 1:30 | 16:47 3:57 | 18:33 1:46 | 19:03 0:30 | 22:19 3:16 | 24:12 1:53 | 24:45 0:33 | 25:27 0:42 | 27:09 1:42 | 27:53 0:44 | 28:12 0:19 |
| 13 | 107 | Graupner, Dave CdeB | 30:24 | 2:18 2:18 | 5:11 2:53 | 5:26 0:15 | 8:42 3:16 | 11:37 2:55 | 13:06 1:29 | 14:53 1:47 | 20:03 5:10 | 21:54 1:51 | 22:28 0:34 | 26:03 3:35 | 26:38 0:35 | 27:24 0:46 | 28:04 0:40 | 29:27 1:23 | 30:05 0:38 | 30:24 0:19 |
| 14 | 228 | Williams, Kean Cascade OC | 30:43 | 1:58 1:58 | 3:32 1:34 | 3:49 0:17 | 8:02 4:13 | 10:25 2:23 | 11:36 1:11 | 13:18 1:42 | 22:44 9:26 | 24:09 1:25 | 24:35 0:26 | 27:06 2:31 | 27:36 0:30 | 28:09 0:33 | 28:36 0:27 | 29:45 1:09 | 30:20 0:35 | 30:43 0:23 |
| 15 | 245 | Gregor, Vladimir Hana O | 30:47 | 1:44 1:44 | 5:42 3:58 | 6:00 0:18 | 8:22 2:22 | 10:16 1:54 | 11:18 1:02 | 12:25 1:07 | 15:37 3:12 | 24:18 8:41 | 24:39 0:21 | 26:41 2:02 | 27:26 0:45 | 28:02 0:36 | 28:29 0:27 | 29:56 1:27 | 30:24 0:28 | 30:47 0:23 |
| 16 | 141 | Fisher, Gar GVOC | 31:02 | 2:19 2:19 | 7:30 5:11 | 7:49 0:19 | 11:02 3:13 | 13:52 2:50 | 15:18 1:26 | 17:05 1:47 | 21:30 4:25 | 23:05 1:35 | 23:42 0:37 | 27:09 3:27 | 27:41 0:32 | 28:18 0:37 | 28:49 0:31 | 29:58 1:09 | 30:36 0:38 | 31:02 0:26 |
| 17 | 242 | Kulich, Jaroslav Hana O | 31:17 | 5:43 5:43 | 7:50 2:07 | 8:15 0:25 | 11:22 3:07 | 14:45 3:23 | 16:23 1:38 | 17:56 1:33 | 22:19 4:23 | 23:47 1:28 | 24:20 0:33 | 26:22 2:02 | 27:08 0:46 | 27:36 0:28 | 28:09 0:33 | 29:38 1:29 | 30:55 1:17 | 31:17 0:22 |
| 18 | 234 | Bradley, Joe YOA | 31:57 | 2:19 2:19 | 5:07 2:48 | 5:32 0:25 | 8:36 3:04 | 12:29 3:53 | 14:37 2:08 | 16:26 1:49 | 21:03 4:37 | 23:02 1:59 | 23:46 0:44 | 26:48 3:02 | 27:45 0:57 | 28:51 1:06 | 29:27 0:36 | 30:51 1:24 | 31:31 0:40 | 31:57 0:26 |
| 19 | 264 | Heron, Steve ONB-Fundy | 39:19 | 1:45 1:45 | 3:57 2:12 | 4:27 0:30 | 7:44 3:17 | 20:19 12:35 | 21:53 1:34 | 23:13 1:20 | 30:18 5:19 | 30:58 1:46 | 34:09 0:31 | 34:22 3:33 | 34:59 0:37 | 35:40 0:41 | 36:42 1:02 | 37:59 1:17 | 38:50 0:51 | 39:19 0:29 |
| 20 | 300 | Brooks, Craig YOA | 45:33 | 3:21 3:21 | 10:42 7:21 | 11:15 0:33 | 15:09 3:54 | 19:04 3:55 | 22:14 3:10 | 24:38 2:24 | 30:56 6:18 | 33:36 2:40 | 34:21 0:45 | 37:56 3:35 | 39:09 1:13 | 41:27 2:18 | 42:13 0:46 | 44:03 1:50 | 44:58 0:55 | 45:33 0:35 |

17:03 18:15
*134 *109

| | | | | | | | | | | | | | | | | | | | | |
|--------------------|-----|---------------------------|-------------------------|--------------|--------------|----------------|---------------------|---------------------|---------------------|---------------------|----------------------|----------------------|----------------------|----------------------|------|--|--|--|--|--|
| M55-64 (24) | | | 2.1 km 57 m 11 C | | | <i>(cont.)</i> | | | | | | | | | | | | | | |
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F | | | | | | |
| 1 | 190 | Tomas, Zdrahal Hana O | 14:41 | 1:01 1:01 | 2:20 1:19 | 3:26 1:06 | 6:03 2:37 | 7:12 1:09 | 8:41 1:29 | 9:53 1:12 | 10:54 1:01 | 11:19 0:25 | 13:34 2:15 | 14:22 0:48 | 0:19 | | | | | |
| 2 | 217 | Gilchrist, Robert EOOC | 16:11 | 1:29 1:29 | 2:32 1:03 | 3:40 1:08 | 6:32 2:52 | 8:01 1:29 | 9:31 1:30 | 10:48 1:17 | 11:56 1:08 | 12:55 0:59 | 15:05 2:10 | 15:53 0:48 | 0:18 | | | | | |
| 3 | 256 | Forrest, Kimball ARCT | 16:50 | 1:43 1:43 | 3:08 1:25 | 4:23 1:15 | 7:25 3:02 | 8:50 1:25 | 10:27 1:37 | 11:46 1:19 | 12:52 1:06 | 13:22 0:30 | 15:31 2:09 | 16:28 0:57 | 0:22 | | | | | |
| 4 | 243 | Hrouza, Jan Hana O | 17:10 | 2:26 2:26 | 3:26 1:00 | 4:44 1:18 | 7:35 2:51 | 8:54 1:19 | 10:30 1:36 | 12:01 1:31 | 13:04 1:03 | 13:31 0:27 | 15:58 2:27 | 16:52 0:54 | 0:18 | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | |
|--------------------|------|---------------------------------|-------------------------|--------------|--------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| M55-64 (24) | | | 2.1 km 57 m 11 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F | | |
| 5 | 280 | Sugiyama, Takashi Sans Souci | 18:02 | 1:01 1:01 | 2:00 0:59 | 3:05 1:05 | 6:56 3:51 | 8:21 1:25 | 10:00 1:39 | 12:45 2:45 | 13:59 1:14 | 14:26 0:27 | 16:49 2:23 | 17:43 0:54 | 18:02 0:19 | |
| 6 | 151 | Breseman, Rick Cascade OC | 18:14 | 1:22 1:22 | 3:16 1:54 | 4:30 1:14 | 8:02 3:32 | 9:21 1:19 | 11:06 1:45 | 12:57 1:51 | 14:07 1:10 | 14:33 0:26 | 17:05 2:32 | 17:56 0:51 | 18:14 0:18 | |
| 7 | 240 | Merriam, Don FWOC | 19:40 | 2:05 2:05 | 3:21 1:16 | 4:55 1:34 | 8:43 3:48 | 10:39 1:56 | 12:26 1:47 | 13:50 1:24 | 15:05 1:15 | 15:34 0:29 | 18:12 2:38 | 19:20 1:08 | 19:40 0:20 | |
| 8 | 162 | Strat, Tom QOC | 20:25 | 1:36 1:36 | 2:55 1:19 | 4:33 1:38 | 9:49 5:16 | 11:57 2:08 | 13:33 1:36 | 15:07 1:34 | 16:14 1:07 | 16:44 0:30 | 19:14 2:30 | 20:03 0:49 | 20:25 0:22 | 10:59 *103 |
| 9 | 232 | Rennie, Bruce GVOC | 20:33 | 1:22 1:22 | 2:24 1:02 | 3:37 1:13 | 7:36 3:59 | 9:59 2:23 | 14:13 4:14 | 15:30 1:17 | 16:37 1:07 | 17:03 0:26 | 19:19 2:16 | 20:12 0:53 | 20:33 0:21 | |
| 10 | 254 | Konotopetz, Larry CdeB | 21:12 | 1:17 1:17 | 2:29 1:12 | 3:40 1:11 | 9:47 6:07 | 12:12 2:25 | 13:54 1:42 | 15:22 1:28 | 16:32 1:10 | 17:06 0:34 | 19:27 2:21 | 20:55 1:28 | 21:12 0:17 | |
| 11 | 322 | Riddle, Don SZOC | 21:13 | 1:27 1:27 | 2:41 1:14 | 4:12 1:31 | 7:58 3:46 | 9:56 1:58 | 12:19 2:23 | 14:03 1:44 | 15:41 1:38 | 16:16 0:35 | 19:30 3:14 | 20:48 1:18 | 21:13 0:25 | |
| 12 | 285 | Bayly, Don FWOC | 21:24 | 1:33 1:33 | 2:43 1:10 | 4:10 1:27 | 7:56 3:46 | 9:23 1:27 | 11:08 1:45 | 15:54 4:46 | 17:10 1:16 | 17:40 0:30 | 20:00 2:20 | 21:02 1:02 | 21:24 0:22 | 13:12 *108 |
| 13 | 146 | Webster, Jim KOC | 21:27 | 1:28 1:28 | 3:19 1:51 | 4:54 1:35 | 9:03 4:09 | 10:46 1:43 | 12:50 2:04 | 14:28 1:38 | 15:50 1:22 | 16:27 0:37 | 19:56 3:29 | 21:05 1:09 | 21:27 0:22 | |
| 14 | 311 | Hawkings, Jim YOA | 21:41 | 3:07 3:07 | 4:08 1:01 | 5:37 1:29 | 9:31 3:54 | 11:36 2:05 | 13:20 1:44 | 14:40 1:20 | 16:00 1:20 | 16:28 0:28 | 20:15 3:47 | 21:24 1:09 | 21:41 0:17 | |
| 15 | 132 | Sidders, Ian GHO | 21:49 | 2:18 2:18 | 3:28 1:10 | 4:53 1:25 | 9:15 4:22 | 10:38 1:23 | 12:30 1:52 | 15:03 2:33 | 16:47 1:44 | 17:18 0:31 | 19:45 2:27 | 21:30 1:45 | 21:49 0:19 | |
| 16 | 181 | Rance, John GVOC | 24:36 | 1:37 1:37 | 2:56 1:19 | 4:17 1:21 | 8:27 4:10 | 13:42 5:15 | 15:34 1:52 | 17:17 1:43 | 19:00 1:43 | 19:33 0:33 | 22:44 3:11 | 24:13 1:29 | 24:36 0:23 | |
| 17 | 291 | Teutsch, Eric Ottawa OC | 27:27 | 1:27 1:27 | 3:11 1:44 | 4:50 1:39 | 12:52 8:02 | 14:39 1:47 | 17:08 2:29 | 19:13 2:05 | 20:54 1:41 | 21:30 0:36 | 25:57 4:27 | 27:07 1:10 | 27:27 0:20 | |
| 18 | 135 | Birnie, Glenn GHO | 28:55 | 4:38 4:38 | 6:00 1:22 | 7:30 1:30 | 16:56 9:26 | 18:55 1:59 | 21:00 2:05 | 22:41 1:41 | 24:00 1:19 | 24:35 0:35 | 27:04 2:29 | 28:32 1:28 | 28:55 0:23 | |
| 19 | 180 | Connors, Patrick CdeB | 30:24 | 2:05 2:05 | 4:21 2:16 | 6:03 1:42 | 12:13 6:10 | 14:12 1:59 | 16:59 2:47 | 21:46 4:47 | 23:35 1:49 | 24:16 0:41 | 28:32 4:16 | 29:55 1:23 | 30:24 0:29 | |
| 20 | 177 | Goeres, Michael CdeB | 32:42 | 1:58 1:58 | 3:57 1:59 | 5:50 1:53 | 11:38 5:48 | 13:50 2:12 | 16:38 2:48 | 19:39 3:01 | 21:53 2:14 | 27:10 5:17 | 30:41 3:31 | 32:18 1:37 | 32:42 0:24 | |
| 21 | 191 | Roman, Jelinek Hana O | 32:43 | 1:53 1:53 | 3:44 1:51 | 6:09 2:25 | 14:21 8:12 | 16:44 2:23 | 19:52 3:08 | 23:23 3:31 | 26:09 2:46 | 26:56 0:47 | 30:35 3:39 | 32:03 1:28 | 32:43 0:40 | |
| 22 | 148 | Rogers, David USOF | 38:15 | 2:08 2:08 | 3:54 1:46 | 5:33 1:39 | 10:56 5:23 | 20:22 9:26 | 23:04 2:42 | 30:13 7:09 | 31:57 1:44 | 32:37 0:40 | 36:07 3:30 | 37:51 1:44 | 38:15 0:24 | |
| 23 | 186 | McLean, Bruce YOA | 38:47 | 2:08 2:08 | 4:30 2:22 | 6:12 1:42 | 12:42 6:30 | 15:15 2:33 | 18:09 2:54 | 26:31 8:22 | 30:06 3:35 | 30:52 0:46 | 36:23 5:31 | 38:00 1:37 | 38:47 0:47 | |
| | 120 | Edmunds, Geraint EOOC | mp | 1:06 1:06 | 2:03 0:57 | 3:54 1:51 | 6:44 2:50 | ----- | 10:05 3:21 | 11:22 1:17 | 12:23 1:01 | 12:52 0:29 | 15:23 2:31 | 16:19 0:56 | 16:37 0:18 | 7:47 *103 |

| M65-74 (10) | | | 2.1 km 57 m 11 C | | | | | | | | | | | | |
|--------------------|-----|----------------------------------|-------------------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|---------------|
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F | |
| 1 | 223 | Ellis, Brian GVOC | 18:23 | 1:28 1:28 | 2:32 1:04 | 3:40 1:08 | 6:37 2:57 | 8:00 1:23 | 9:42 1:42 | 13:09 3:27 | 14:22 1:13 | 14:53 0:31 | 17:11 2:18 | 18:02 0:51 | 18:23 0:21 |
| 2 | 354 | Viddal, Einar EOOC | 18:59 | 1:38 1:38 | 2:54 1:16 | 4:15 1:21 | 8:22 4:07 | 9:57 1:35 | 12:01 2:04 | 13:29 1:28 | 14:44 1:15 | 15:13 0:29 | 17:40 2:27 | 18:39 0:59 | 18:59 0:20 |
| 3 | 251 | Vyse, Alan Sage | 20:04 | 1:24 1:24 | 2:35 1:11 | 4:06 1:31 | 7:40 3:34 | 9:09 1:29 | 11:13 2:04 | 13:36 2:23 | 15:24 1:48 | 15:52 0:28 | 18:35 2:43 | 19:42 1:07 | 20:04 0:22 |
| 4 | 257 | Anderson, Bill Ottawa OC | 20:38 | 2:55 2:55 | 4:09 1:14 | 5:32 1:23 | 9:19 3:47 | 11:00 1:41 | 13:03 2:03 | 14:43 1:40 | 16:05 1:22 | 16:39 0:34 | 19:16 2:37 | 20:14 0:58 | 20:38 0:24 |
| 5 | 109 | Hunter, Gord Ottawa OC | 20:45 | 1:15 1:15 | 2:24 1:09 | 4:38 2:14 | 8:23 3:45 | 9:56 1:33 | 11:55 1:59 | 13:45 1:50 | 15:09 1:24 | 15:40 0:31 | 19:03 3:23 | 20:21 1:18 | 20:45 0:24 |
| 5 | 125 | Yarkie, Greg EOOC | 20:45 | 1:26 1:26 | 2:41 1:15 | 4:18 1:37 | 11:00 6:42 | 12:29 1:29 | 14:05 1:36 | 15:26 1:21 | 16:40 1:14 | 17:06 0:26 | 19:31 2:25 | 20:26 0:55 | 20:45 0:19 |
| 7 | 147 | Veler, Fred SAMM | 27:47 | 2:10 2:10 | 4:03 1:53 | 6:01 1:58 | 10:51 4:50 | 13:00 2:09 | 15:55 2:55 | 18:48 2:53 | 20:53 2:05 | 21:53 1:00 | 25:33 3:40 | 27:07 1:34 | 27:47 0:40 |
| 8 | 110 | Guttormson, Richard Ottawa OC | 29:29 | 4:19 4:19 | 5:33 1:14 | 9:19 3:46 | 14:39 5:20 | 17:16 2:37 | 19:07 1:51 | 20:45 1:38 | 22:12 1:27 | 22:44 0:32 | 28:03 5:19 | 29:04 1:01 | 29:29 0:25 |
| 9 | 203 | McBee, Rick CROC | 47:33 | 9:48 9:48 | 11:25 1:37 | 13:11 1:46 | 18:30 5:19 | 20:12 1:42 | 23:00 2:48 | 25:04 2:04 | 27:54 2:50 | 28:56 1:02 | 45:41 16:45 | 47:11 1:30 | 47:33 0:22 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | | | | | |
|--------------------|------------|-----------------------------------|-------------------------|------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|
| M65-74 (10) | | | 2.1 km 57 m 11 C | | | <i>(cont.)</i> | | | | | | | | | | | | | | | | | |
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | | | | | | | | F | | |
| | 187 | Davies, John Peninsula | mp | 2:11 2:11 | 3:53 1:42 | 12:11 8:18 | 19:09 6:58 | 21:08 1:59 | ----- | ----- | 26:16 5:08 | ----- | ----- | 30:17 4:01 | 30:55 0:38 | | | | | | | | |
| M75-79 (1) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | | | | | | | | F | | |
| | 1 | 118 Bailey, Leigh VICO | 36:58 | 13:32 13:32 | 14:55 1:23 | 16:28 1:33 | 16:56 0:28 | 21:42 4:46 | 23:54 2:12 | 27:33 3:39 | 30:18 2:45 | 32:02 1:44 | 35:08 3:06 | 36:36 1:28 | 36:58 0:22 | | | | | | | | |
| M80 (1) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | | | | | | | | F | | |
| | 283 | Scott, Don EOOO | mp | 3:41 3:41 | 7:07 3:26 | 11:25 4:18 | 12:17 0:52 | 18:30 6:13 | 24:04 5:34 | 34:46 10:42 | ----- | 53:11 18:25 | 59:49 6:38 | 1:02:14 2:25 | 1:03:06 0:52 | | | | | | | | |
| W12 (5) | | | 1.7 km 22 m 12 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(130) | 2(129) | 3(126) | 4(135) | 5(127) | 6(128) | 7(132) | 8(120) | 9(112) | 10(134) | 11(133) | 12(114) | | | | | | | | F | |
| | 1 | 347 McMillan, Tara GVOO | 10:13 | 1:03 1:03 | 2:00 0:57 | 2:53 0:53 | 3:48 0:55 | 5:08 1:20 | 5:29 0:21 | 6:22 0:53 | 7:16 0:54 | 7:50 0:34 | 8:11 0:21 | 9:12 1:01 | 9:56 0:44 | 10:13 0:17 | | | | | | | |
| | 2 | 296 May, Rachel Sage | 10:37 | 0:43 0:43 | 1:47 1:04 | 2:43 0:56 | 3:40 0:57 | 5:11 1:31 | 5:27 0:16 | 6:30 1:03 | 7:31 1:01 | 8:09 0:38 | 8:27 0:18 | 9:34 1:07 | 10:17 0:43 | 10:37 0:20 | | | | | | | |
| | 3 | 326 Thomson, Amanda YOA | 11:16 | 1:25 1:25 | 2:33 1:08 | 3:34 1:01 | 4:24 0:50 | 5:58 1:34 | 6:18 0:20 | 7:12 0:54 | 8:08 0:56 | 8:46 0:38 | 9:08 0:22 | 10:13 1:05 | 10:57 0:44 | 11:16 0:19 | | | | | | | |
| | | 344 Shier, Hannah YOA | mp | 0:40 0:40 | 1:44 1:04 | 2:38 0:54 | 3:32 0:54 | 4:55 1:23 | ----- | 6:21 1:26 | 7:22 1:01 | 8:03 0:41 | 8:31 0:28 | 9:31 1:00 | 10:12 0:41 | 10:32 0:20 | | | | | | | |
| | | 353 Cash, Savannah YOA | mp | 1:09 1:09 | 2:13 1:04 | 3:05 0:52 | 4:14 1:09 | 5:45 1:31 | ----- | 7:24 1:39 | 9:49 2:25 | 10:30 0:41 | 10:47 0:17 | 11:52 1:05 | 12:38 0:46 | 13:00 0:22 | | | | | | | |
| W13-14 (5) | | | 1.7 km 22 m 12 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(130) | 2(129) | 3(126) | 4(135) | 5(127) | 6(128) | 7(132) | 8(120) | 9(112) | 10(134) | 11(133) | 12(114) | | | | | | | | F | |
| | 1 | 215 Sepandj, Darya FWOC | 8:47 | 0:40 0:40 | 1:35 0:55 | 2:21 0:46 | 3:05 0:44 | 4:19 1:14 | 4:33 0:14 | 5:18 0:45 | 6:08 0:50 | 6:40 0:32 | 6:55 0:15 | 7:50 0:55 | 8:30 0:40 | 8:47 0:17 | | | | | | | |
| | 2 | 179 Stephen, Alix FWOC | 10:17 | 0:45 0:45 | 1:52 1:07 | 2:52 1:00 | 3:46 0:54 | 5:19 1:33 | 5:40 0:21 | 6:35 0:55 | 7:28 0:53 | 8:04 0:36 | 8:23 0:19 | 9:15 0:52 | 9:57 0:42 | 10:17 0:20 | | | | | | | |
| | 3 | 238 Sherwood, Emma FWOC | 10:30 | 0:44 0:44 | 1:49 1:05 | 2:47 0:58 | 3:37 0:50 | 5:04 1:27 | 5:17 0:13 | 6:19 1:02 | 7:18 0:59 | 7:58 0:40 | 8:16 0:18 | 9:21 1:05 | 10:08 0:47 | 10:30 0:22 | | | | | | | |
| | 4 | 334 Mitchell, Tayler YOA | 12:41 | 0:49 0:49 | 1:54 1:05 | 2:54 1:00 | 4:01 1:07 | 5:50 1:49 | 6:08 0:18 | 7:38 1:30 | 8:35 0:57 | 9:30 0:55 | 10:02 0:32 | 11:33 1:31 | 12:23 0:50 | 12:41 0:18 | | | | | | | |
| | 5 | 309 Omdal, Sunniva FWOC | 12:49 | 0:46 0:46 | 2:04 1:18 | 3:11 1:07 | 4:18 1:07 | 6:07 1:49 | 6:21 0:14 | 7:30 1:09 | 8:44 1:14 | 9:33 0:49 | 9:53 0:20 | 11:21 1:28 | 12:29 1:08 | 12:49 0:20 | | | | | | | |
| W15-16 (4) | | | 2.3 km 45 m 18 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(136) | 2(96) | 3(124) | 4(100) | 5(121) | 6(137) | 7(103) | 8(118) | 9(123) | 10(108) | 11(134) | 12(109) | 13(101) | 14(138) | 15(139) | 16(98) | 17(99) | 18(114) | F | | |
| | 1 | 104 Blake, Pia YOA | 19:55 | 0:49 0:49 | 1:21 0:32 | 2:49 1:28 | 3:07 0:18 | 4:21 1:14 | 5:49 1:28 | 6:58 1:09 | 7:52 0:54 | 11:28 3:36 | 12:57 1:29 | 13:22 0:25 | 14:54 1:32 | 16:18 1:24 | 16:47 0:29 | 17:15 0:28 | 17:43 0:28 | 18:47 1:04 | 19:37 0:50 | 19:55 0:18 | |
| | 2 | 207 Waddington, Emma GHO | 24:11 | 0:50 0:50 | 1:18 0:28 | 3:11 1:53 | 3:29 0:18 | 4:37 1:08 | 6:07 1:30 | 7:19 1:12 | 8:06 0:47 | 15:24 7:18 | 17:12 1:48 | 17:38 0:26 | 19:09 1:31 | 20:42 1:33 | 21:07 0:25 | 21:32 0:25 | 22:09 0:37 | 23:19 1:10 | 23:55 0:36 | 24:11 0:16 | |
| | 3 | 308 Omdal, Helene FWOC | 28:39 | 1:09 1:09 | 2:03 0:54 | 4:02 1:59 | 4:17 0:15 | 5:38 1:21 | 6:52 1:14 | 8:18 1:26 | 9:01 0:43 | 19:32 10:31 | 20:51 1:19 | 21:39 0:48 | 22:57 1:18 | 24:22 1:25 | 25:14 0:52 | 26:00 0:46 | 26:30 0:30 | 27:44 1:14 | 28:19 0:35 | 28:39 0:20 | |
| | | 332 Mitchell, Kaitlynn YOA | mp | 3:54 3:54 | 5:14 1:20 | 7:29 2:15 | 7:58 0:29 | 10:07 2:09 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 29:56 19:49 | 30:50 0:54 | |
| W17-20 (9) | | | 2.3 km 45 m 18 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(136) | 2(96) | 3(124) | 4(100) | 5(121) | 6(137) | 7(103) | 8(118) | 9(123) | 10(108) | 11(134) | 12(109) | 13(101) | 14(138) | 15(139) | 16(98) | 17(99) | 18(114) | F | | |
| | 1 | 167 Murray, Kendra YOA | 15:17 | 0:48 0:48 | 1:16 0:28 | 2:44 1:28 | 2:57 0:13 | 3:56 0:59 | 4:55 0:59 | 6:03 1:08 | 6:37 0:34 | 8:46 2:09 | 9:56 1:10 | 10:16 0:20 | 11:46 1:30 | 12:35 0:49 | 13:05 0:30 | 13:28 0:23 | 13:51 0:23 | 14:38 0:47 | 15:00 0:22 | 15:17 0:17 | |
| | 2 | 198 Ross, Emily ONB Falcon | 16:22 | 0:46 0:46 | 1:19 0:33 | 2:43 1:24 | 2:58 0:15 | 4:07 1:09 | 5:11 1:04 | 6:28 1:17 | 7:03 0:35 | 9:27 2:24 | 10:48 1:21 | 11:19 0:31 | 12:30 1:11 | 13:35 1:05 | 13:58 0:23 | 14:23 0:25 | 14:46 0:23 | 15:36 0:50 | 16:03 0:27 | 16:22 0:19 | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | | | | | |
|--------------------|-------------------------|--------------------------------|-------------------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| W17-20 (9) | | | 2.3 km 45 m 18 C | | | | | | | | | | | | | | | | | | | | |
| | | | <i>(cont.)</i> | | | | | | | | | | | | | | | | | | | | |
| | | | 1(136) | 2(96) | 3(124) | 4(100) | 5(121) | 6(137) | 7(103) | 8(118) | 9(123) | 10(108) | 11(134) | 12(109) | 13(101) | 14(138) | 15(139) | 16(98) | 17(99) | 18(114) | F | | |
| 3 | 290 | Teutsch, Laura Ottawa OC | 17:01 | 0:51 | 1:15 | 2:40 | 2:55 | 3:57 | 5:04 | 6:07 | 6:40 | 9:10 | 10:24 | 10:48 | 12:07 | 13:10 | 13:45 | 14:54 | 15:16 | 16:07 | 16:44 | 17:01 | |
| 4 | 330 | Jones, Rhiannon YOA | 19:39 | 1:21 | 1:56 | 3:34 | 3:52 | 5:05 | 7:05 | 8:11 | 8:52 | 12:16 | 13:52 | 14:17 | 15:35 | 16:42 | 17:03 | 17:31 | 17:59 | 18:51 | 19:20 | 19:39 | |
| 5 | 248 | Krsakova, Marie Hana O | 22:46 | 0:55 | 1:25 | 3:06 | 3:24 | 4:43 | 5:59 | 7:23 | 8:13 | 13:58 | 15:30 | 16:05 | 18:06 | 19:12 | 19:44 | 20:16 | 20:47 | 21:49 | 22:20 | 22:46 | |
| 6 | 206 | Mackeigan, Jennifer YOA | 23:37 | 0:48 | 1:18 | 4:19 | 4:39 | 5:51 | 7:05 | 8:18 | 9:10 | 14:52 | 16:16 | 16:47 | 19:09 | 20:15 | 20:43 | 21:12 | 21:44 | 22:46 | 23:16 | 23:37 | |
| 7 | 333 | Mitchell, Cheylsea YOA | 35:11 | 1:16 | 8:08 | 11:06 | 11:29 | 13:52 | 16:45 | 18:20 | 19:21 | 25:47 | 27:30 | 27:58 | 29:36 | 31:05 | 31:49 | 32:23 | 33:00 | 34:14 | 34:49 | 35:11 | |
| 8 | 281 | Sacher, Olivia Bussola OK | 37:18 | 3:25 | 3:53 | 6:41 | 7:12 | 9:00 | 11:59 | 14:27 | 15:36 | 20:43 | 23:10 | 23:42 | 26:44 | 31:24 | 32:10 | 32:52 | 33:52 | 35:52 | 36:53 | 37:18 | |
| 139 | Burnett, Kerstin YOA | mp | 0:57 | 1:24 | 2:46 | ----- | 4:12 | 5:16 | 6:25 | 6:58 | 9:29 | 10:53 | 11:17 | 12:19 | 13:41 | 14:04 | 14:30 | 14:53 | 15:51 | 16:20 | 16:43 | 16:23 | |
| | | | 0:57 | 0:27 | 1:22 | | 1:26 | 1:04 | 1:09 | 0:33 | 2:31 | 1:24 | 0:24 | 1:02 | 1:22 | 0:23 | 0:26 | 0:23 | 0:58 | 0:29 | 0:23 | *114 | |
| W21-34 (10) | | | 2.3 km 45 m 18 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(136) | 2(96) | 3(124) | 4(100) | 5(121) | 6(137) | 7(103) | 8(118) | 9(123) | 10(108) | 11(134) | 12(109) | 13(101) | 14(138) | 15(139) | 16(98) | 17(99) | 18(114) | F | | |
| 1 | 200 | Ross, Carol ONB | 14:00 | 0:38 | 0:58 | 2:07 | 2:19 | 3:12 | 4:07 | 5:05 | 5:38 | 7:41 | 8:50 | 9:13 | 10:14 | 11:22 | 11:44 | 12:11 | 12:30 | 13:12 | 13:43 | 14:00 | |
| 2 | 227 | Oram, Louise GVOG | 14:15 | 0:39 | 1:00 | 2:11 | 2:25 | 3:24 | 4:14 | 5:13 | 5:46 | 7:47 | 8:53 | 9:15 | 10:31 | 11:29 | 12:04 | 12:25 | 12:47 | 13:32 | 13:56 | 14:15 | |
| 3 | 319 | Critchley, Claire EIOC | 14:56 | 0:46 | 1:14 | 2:31 | 2:46 | 3:45 | 4:36 | 5:29 | 6:05 | 8:26 | 9:30 | 9:49 | 11:07 | 12:14 | 12:35 | 12:56 | 13:18 | 14:13 | 14:39 | 14:56 | |
| 4 | 130 | Jones, Pam YOA | 15:23 | 0:45 | 1:09 | 2:24 | 2:38 | 3:53 | 4:51 | 5:54 | 6:26 | 8:21 | 10:01 | 10:25 | 11:31 | 12:24 | 12:48 | 13:15 | 13:40 | 14:32 | 15:01 | 15:23 | |
| 5 | 185 | Scheck, Katherine YOA | 15:45 | 0:47 | 1:10 | 2:28 | 2:43 | 3:44 | 4:37 | 5:42 | 6:16 | 8:40 | 9:48 | 10:10 | 11:38 | 12:36 | 13:16 | 13:40 | 14:04 | 14:58 | 15:27 | 15:45 | |
| 6 | 299 | Petrenko, Galyna Slavutich | 16:27 | 0:42 | 1:09 | 3:12 | 3:29 | 4:52 | 5:53 | 6:58 | 7:31 | 9:48 | 11:04 | 11:27 | 12:35 | 13:28 | 13:51 | 14:19 | 14:46 | 15:37 | 16:06 | 16:27 | |
| 7 | 133 | Balakova, Andrea GVOG | 17:13 | 0:43 | 1:07 | 2:38 | 2:52 | 4:01 | 5:25 | 6:31 | 7:12 | 9:43 | 11:28 | 11:48 | 12:58 | 13:53 | 14:17 | 14:48 | 15:21 | 16:17 | 16:51 | 17:13 | |
| 8 | 127 | Fagerlind, Karin Centrum OK | 17:59 | 1:01 | 1:47 | 3:14 | 3:32 | 4:41 | 5:42 | 7:00 | 7:37 | 10:03 | 11:15 | 11:39 | 12:48 | 14:06 | 14:33 | 15:47 | 16:14 | 17:10 | 17:40 | 17:59 | |
| 9 | 199 | Rance, Meghan GVOG | 21:22 | 0:57 | 1:27 | 4:33 | 4:55 | 6:08 | 7:21 | 8:41 | 10:11 | 13:00 | 14:29 | 14:55 | 16:13 | 17:37 | 18:05 | 18:33 | 19:21 | 20:22 | 20:59 | 21:22 | |
| 10 | 124 | Joggi, Marianne O Kölliken | 22:52 | 0:52 | 1:30 | 3:54 | 4:14 | 5:18 | 6:25 | 7:38 | 8:46 | 14:38 | 16:12 | 16:36 | 18:40 | 19:41 | 20:08 | 20:39 | 21:17 | 22:07 | 22:33 | 22:52 | |
| | | | 0:52 | 0:38 | 2:24 | 0:20 | 1:04 | 1:07 | 1:13 | 1:08 | 5:52 | 1:34 | 0:24 | 2:04 | 1:01 | 0:27 | 0:31 | 0:38 | 0:50 | 0:26 | 0:19 | | |
| W35-44 (4) | | | 2.3 km 45 m 18 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(136) | 2(96) | 3(124) | 4(100) | 5(121) | 6(137) | 7(103) | 8(118) | 9(123) | 10(108) | 11(134) | 12(109) | 13(101) | 14(138) | 15(139) | 16(98) | 17(99) | 18(114) | F | | |
| 1 | 173 | McNeil, Philippa YOA | 18:26 | 0:44 | 1:15 | 2:49 | 3:08 | 4:25 | 5:34 | 6:52 | 7:38 | 10:25 | 11:48 | 12:16 | 13:36 | 14:43 | 15:25 | 15:57 | 16:27 | 17:28 | 18:05 | 18:26 | |
| 2 | 304 | Jolliff, Jennifer ARCT | 18:27 | 0:51 | 1:17 | 2:56 | 3:12 | 4:25 | 5:26 | 6:57 | 7:46 | 10:36 | 12:03 | 12:26 | 13:40 | 14:37 | 15:03 | 15:38 | 16:07 | 17:37 | 18:07 | 18:27 | |
| 3 | 294 | May, Abbigail Sage | 20:17 | 1:14 | 1:41 | 3:06 | 3:24 | 5:20 | 6:21 | 9:09 | 9:51 | 12:37 | 13:57 | 14:20 | 15:40 | 17:10 | 17:37 | 18:04 | 18:31 | 19:27 | 19:58 | 20:17 | |
| 4 | 236 | MacNaughton, Charlot FWOC | 22:34 | 0:57 | 1:27 | 3:25 | 3:47 | 5:06 | 6:21 | 8:46 | 9:38 | 12:36 | 13:56 | 14:23 | 16:07 | 17:16 | 17:44 | 19:40 | 20:23 | 21:34 | 22:10 | 22:34 | |
| | | | 0:57 | 0:30 | 1:58 | 0:22 | 1:19 | 1:15 | 2:25 | 0:52 | 2:58 | 1:20 | 0:27 | 1:44 | 1:09 | 0:28 | 1:56 | 0:43 | 1:11 | 0:36 | 0:24 | | |
| W45-54 (12) | | | 2.1 km 57 m 11 C | | | | | | | | | | | | | | | | | | | | |
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F | | | | | | | | | |
| 1 | 214 | Robert, Magali FWOC | 15:30 | 1:26 | 2:31 | 3:34 | 6:33 | 7:48 | 9:24 | 10:40 | 11:50 | 12:20 | 14:17 | 15:09 | 15:30 | | | | | | | | |
| 2 | 197 | Rowlands, Jane FWOC | 17:32 | 1:21 | 2:42 | 4:04 | 7:36 | 8:58 | 10:46 | 12:13 | 13:31 | 14:01 | 16:17 | 17:10 | 17:32 | | | | | | | | |
| 3 | 224 | Martino, Karen FWOC | 20:30 | 1:48 | 3:00 | 4:49 | 9:02 | 10:28 | 12:18 | 13:43 | 15:47 | 16:07 | 19:03 | 20:11 | 20:30 | | | | | | | | |
| 4 | 289 | Teutsch, Anne Ottawa OC | 21:37 | 1:32 | 2:46 | 4:48 | 8:49 | 10:29 | 13:16 | 15:07 | 16:47 | 17:16 | 20:00 | 21:14 | 21:37 | | | | | | | | |
| | | | 1:32 | 1:14 | 2:02 | 4:01 | 1:40 | 2:47 | 1:51 | 1:40 | 0:29 | 2:44 | 1:14 | 0:23 | | | | | | | | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | |
|--------------------|------|--------------------------------|---------|---------------------------------|---------------------|---------------------|----------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------|-----------------------------|-----------------------------|
| W45-54 (12) | | | | 2.1 km 57 m 11 C (cont.) | | | | | | | | | | | |
| | | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F |
| 5 | 105 | Schweiger, Sabine YOA | 22:34 | 1:43 1:43 | 3:00 1:17 | 4:38 1:38 | 8:55 4:17 | 10:55 2:00 | 13:06 2:11 | 15:56 2:50 | 17:28 1:32 | 18:05 0:37 | 21:14 3:09 | 22:13 0:59 | 22:34 0:21 |
| 6 | 144 | Pepper, Shelagh STARS | 25:43 | 2:05 2:05 | 3:36 1:31 | 5:42 2:06 | 10:16 4:34 | 12:07 1:51 | 15:03 2:56 | 18:02 2:59 | 19:54 1:52 | 20:25 0:31 | 23:39 3:14 | 25:24 1:45 | 25:43 0:19 |
| 7 | 193 | Regina, Jezkova Hana O | 25:53 | 1:44 1:44 | 5:17 3:33 | 7:04 1:47 | 11:39 4:35 | 13:24 1:45 | 15:56 2:32 | 18:48 2:52 | 20:23 1:35 | 21:04 0:41 | 24:13 3:09 | 25:31 1:18 | 25:53 0:22 |
| 8 | 150 | Breseman, Eileen Cascade OC | 27:49 | 1:25 1:25 | 2:51 1:26 | 8:08 5:17 | 11:55 3:47 | 13:32 1:37 | 15:33 2:01 | 21:23 5:50 | 22:54 1:31 | 23:25 0:31 | 26:05 2:40 | 27:22 1:17 | 27:49 0:27 |
| 9 | 244 | Hrouzova, Jirina Hana O | 28:24 | 1:37 1:37 | 3:40 2:03 | 5:19 1:39 | 12:54 7:35 | 16:07 3:13 | 18:18 2:11 | 20:47 2:29 | 22:59 2:12 | 23:40 0:41 | 26:47 3:07 | 27:57 1:10 | 28:24 0:27 |
| 10 | 113 | Svoboda, Lenka FWOC | 42:50 | 2:03 2:03 | 7:42 5:39 | 9:41 1:59 | 18:13 8:32 | 23:11 4:58 | 26:09 2:58 | 33:22 7:13 | 35:29 2:07 | 37:14 1:45 | 40:57 3:43 | 42:26 1:29 | 42:50 0:24 |
| 11 | 321 | Mackeigan, Linda YOA | 1:01:18 | 9:27 9:27 | 11:45 2:18 | 13:52 2:07 | 39:11 25:19 | 43:45 4:34 | 46:53 3:08 | 49:41 2:48 | 52:36 2:55 | 53:18 0:42 | 58:56 5:38 | 1:00:45 1:49 | 1:01:18 0:33 |
| | 307 | Omdal, Liv FWOC | disq | 3:18 3:18 | 4:37 1:19 | 6:23 1:46 | 12:45 6:22 | 14:46 2:01 | 17:27 2:41 | 24:53 7:26 | 26:21 1:28 | 26:57 0:36 | 29:38 2:41 | 31:06 1:28 | 31:27 0:21 |
| W55-64 (13) | | | | 1.9 km 45 m 11 C | | | | | | | | | | | |
| | | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F |
| 1 | 184 | Owen, Marion FWOC | 15:13 | 1:56 1:56 | 3:10 1:14 | 4:14 1:04 | 4:31 0:17 | 5:51 1:20 | 7:06 1:15 | 9:35 2:29 | 10:43 1:08 | 11:51 1:08 | 13:58 2:07 | 14:52 0:54 | 15:13 0:21 |
| 2 | 216 | Pearson, Angela EOOC | 17:36 | 1:22 1:22 | 2:39 1:17 | 3:47 1:08 | 4:04 0:17 | 7:34 3:30 | 9:01 1:27 | 11:54 2:53 | 13:23 1:29 | 14:40 1:17 | 16:05 1:25 | 17:13 1:08 | 17:36 0:23 |
| 3 | 112 | Gamey, Muriel Manitoba | 20:23 | 1:31 1:31 | 2:55 1:24 | 4:14 1:19 | 4:33 0:19 | 5:58 1:25 | 7:27 1:29 | 14:02 6:35 | 15:55 1:53 | 17:04 1:09 | 18:58 1:54 | 19:58 1:00 | 20:23 0:25 |
| 4 | 262 | Smith, Luella ONB Falcon | 21:59 | 2:09 2:09 | 4:08 1:59 | 5:55 1:47 | 6:16 0:21 | 8:03 1:47 | 10:20 2:17 | 14:11 3:51 | 16:14 2:03 | 18:03 1:49 | 20:07 2:04 | 21:32 1:25 | 21:59 0:27 |
| 5 | 231 | Rennie, Robyn GVOC | 22:14 | 4:21 4:21 | 5:45 1:24 | 6:56 1:11 | 7:16 0:20 | 10:15 2:59 | 11:56 1:41 | 14:53 2:57 | 16:51 1:58 | 18:21 1:30 | 20:29 2:08 | 21:45 1:16 | 22:14 0:29 |
| 6 | 138 | van Hees, Violet YOA | 22:54 | 1:50 1:50 | 3:31 1:41 | 5:08 1:37 | 5:29 0:21 | 7:41 2:12 | 11:34 3:53 | 15:14 3:40 | 17:10 1:56 | 18:53 1:43 | 20:49 1:56 | 22:25 1:36 | 22:54 0:29 |
| 7 | 183 | Jones, Kitty FWOC | 22:56 | 2:01 2:01 | 3:44 1:43 | 5:12 1:28 | 5:31 0:19 | 7:18 1:47 | 9:11 1:53 | 15:05 5:54 | 16:59 1:54 | 18:53 1:54 | 21:03 2:10 | 22:27 1:24 | 22:56 0:29 |
| 8 | 176 | Goeres, Ursula CdeB | 25:35 | 2:39 2:39 | 5:11 2:32 | 7:38 2:27 | 8:25 0:47 | 10:30 2:05 | 12:50 2:20 | 16:49 3:59 | 19:19 2:30 | 21:16 1:57 | 23:32 2:16 | 25:09 1:37 | 25:35 0:26 |
| 9 | 205 | Anderson, Hilary GVOC | 27:08 | 2:48 2:48 | 4:26 1:38 | 5:48 1:22 | 6:11 0:23 | 14:30 8:19 | 16:47 2:17 | 19:51 3:04 | 22:04 2:13 | 23:32 1:28 | 25:34 2:02 | 26:47 1:13 | 27:08 0:21 |
| 10 | 315 | Cornish, Judy EOOC | 29:07 | 2:13 2:13 | 3:53 1:40 | 5:19 1:26 | 5:43 0:24 | 8:22 2:39 | 18:44 10:22 | 22:00 3:16 | 23:41 1:41 | 25:17 1:36 | 27:16 1:59 | 28:39 1:23 | 29:07 0:28 |
| 11 | 149 | Pohl, Julie USOF | 30:54 | 2:59 2:59 | 5:04 2:05 | 7:00 1:56 | 7:26 0:26 | 9:22 1:56 | 12:11 2:49 | 20:24 8:13 | 23:31 3:07 | 25:45 2:14 | 28:40 2:55 | 30:19 1:39 | 30:54 0:35 |
| 12 | 327 | Brown, Ellyn ARCT | 33:27 | 1:37 1:37 | 3:14 1:37 | 4:22 1:08 | 4:42 0:20 | 6:13 1:31 | 18:58 12:45 | 27:50 8:52 | 29:04 1:14 | 30:18 1:14 | 31:59 1:41 | 33:04 1:05 | 33:27 0:23 |
| 13 | 121 | Edmunds, Marilyn EOOC | 33:56 | 2:39 2:39 | 5:08 2:29 | 7:17 2:09 | 7:46 0:29 | 10:21 2:35 | 13:21 3:00 | 19:02 5:41 | 23:09 4:07 | 25:42 2:33 | 31:05 5:23 | 33:20 2:15 | 33:56 0:36 |
| W65-74 (9) | | | | 1.9 km 45 m 11 C | | | | | | | | | | | |
| | | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F |
| 1 | 128 | Hocking, Diana VICO | 21:17 | 2:05 2:05 | 3:45 1:40 | 5:33 1:48 | 6:00 0:27 | 8:15 2:15 | 10:31 2:16 | 13:49 3:18 | 15:54 2:05 | 17:38 1:44 | 19:46 2:08 | 20:52 1:06 | 21:17 0:25 |
| 2 | 155 | Faulkner, Trish Peninsula | 22:12 | 1:26 1:26 | 3:02 1:36 | 4:30 1:28 | 4:50 0:20 | 6:30 1:40 | 8:12 1:42 | 15:10 6:58 | 17:20 2:10 | 19:06 1:46 | 20:38 1:32 | 21:48 1:10 | 22:12 0:24 |
| 3 | 222 | Ellis, Margaret GVOC | 23:50 | 2:25 2:25 | 3:48 1:23 | 5:14 1:26 | 5:44 0:30 | 7:18 1:34 | 8:56 1:38 | 13:55 4:59 | 15:56 2:01 | 17:27 1:31 | 21:59 4:32 | 23:27 1:28 | 23:50 0:23 |
| 4 | 111 | Guttormson, Lorna Ottawa OC | 26:27 | 2:30 2:30 | 4:24 1:54 | 5:54 1:30 | 6:16 0:22 | 11:29 5:13 | 13:24 1:55 | 18:53 5:29 | 20:32 1:39 | 22:23 1:51 | 24:29 2:06 | 25:55 1:26 | 26:27 0:32 |
| 5 | 188 | Davies, Robyn Peninsula | 30:14 | 2:54 2:54 | 5:22 2:28 | 7:22 2:00 | 7:53 0:31 | 10:56 3:03 | 14:40 3:44 | 19:47 5:07 | 21:55 2:08 | 24:24 2:29 | 27:24 3:00 | 29:35 2:11 | 30:14 0:39 |
| 6 | 259 | Rankin, Gloria Ottawa OC | 30:22 | 2:59 2:59 | 5:19 2:20 | 7:03 1:44 | 7:30 0:27 | 10:41 3:11 | 13:13 2:32 | 16:39 3:26 | 20:35 3:56 | 25:06 4:31 | 27:56 2:50 | 29:57 2:01 | 30:22 0:25 |

9:26
*122

| Pl | Stno | Name | Time | | | | | | | | | | | | |
|--------------------|------|----------------------------|-------------------------|--------|--------|--------|--------|--------|--------|--------|-------------|---------|---------|---------|---------|
| W65-74 (9) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | |
| | | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F | |
| 7 | 252 | Vyse, Frances Sage | 32:41 | 4:20 | 6:14 | 7:55 | 8:19 | 11:25 | 13:55 | 25:26 | 26:48 | 28:21 | 30:37 | 32:13 | 32:41 |
| | | | | 4:20 | 1:54 | 1:41 | 0:24 | 3:06 | 2:30 | 11:31 | 1:22 | 1:33 | 2:16 | 1:36 | 0:28 |
| 8 | 204 | McBee, Jill CROC | 40:40 | 2:41 | 7:30 | 12:29 | 12:57 | 15:46 | 18:44 | 22:56 | 32:27 | 34:39 | 37:26 | 39:59 | 40:40 |
| | | | | 2:41 | 4:49 | 4:59 | 0:28 | 2:49 | 2:58 | 4:12 | 9:31 | 2:12 | 2:47 | 2:33 | 0:41 |
| 9 | 143 | James, Margaret Halifax Hu | 1:01:55 | 16:52 | 19:17 | 21:59 | 22:44 | 26:07 | 30:04 | 46:57 | 50:20 | 53:29 | 58:28 | 1:01:16 | 1:01:55 |
| | | | | 16:52 | 2:25 | 2:42 | 0:45 | 3:23 | 3:57 | 16:53 | 3:23 | 3:09 | 4:59 | 2:48 | 0:39 |
| W75-79 (4) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F | |
| 1 | 137 | Leduc, Nesta YOA | 33:26 | 2:28 | 4:34 | 6:20 | 10:34 | 17:33 | 20:18 | 24:40 | 27:09 | 29:12 | 31:20 | 32:52 | 33:26 |
| | | | | 2:28 | 2:06 | 1:46 | 4:14 | 6:59 | 2:45 | 4:22 | 2:29 | 2:03 | 2:08 | 1:32 | 0:34 |
| 2 | 119 | Bailey, Gillian VICO | 34:10 | 3:30 | 5:48 | 7:34 | 8:04 | 11:53 | 17:29 | 21:33 | 25:36 | 27:51 | 31:30 | 33:27 | 34:10 |
| | | | | 3:30 | 2:18 | 1:46 | 0:30 | 3:49 | 5:36 | 4:04 | 4:03 | 2:15 | 3:39 | 1:57 | 0:43 |
| 3 | 117 | Woof, Caryl Esk Valley | 35:09 | 2:34 | 5:07 | 9:48 | 10:31 | 13:24 | 16:17 | 25:09 | 27:29 | 29:40 | 32:54 | 34:37 | 35:09 |
| | | | | 2:34 | 2:33 | 4:41 | 0:43 | 2:53 | 2:53 | 8:52 | 2:20 | 2:11 | 3:14 | 1:43 | 0:32 |
| 4 | 229 | MacNaughton, Jean FWOC | 55:27 | 4:16 | 12:48 | 15:22 | 16:35 | 21:49 | 26:17 | 34:48 | 38:46 | 42:08 | 51:38 | 54:30 | 55:27 |
| | | | | 4:16 | 8:32 | 2:34 | 1:13 | 5:14 | 4:28 | 8:31 | 3:58 | 3:22 | 9:30 | 2:52 | 0:57 |
| Open M1 (1) | | | 1.7 km 22 m 12 C | | | | | | | | | | | | |
| | | | 1(130) | 2(129) | 3(126) | 4(135) | 5(127) | 6(128) | 7(132) | 8(120) | 9(112) | 10(134) | 11(133) | 12(114) | F |
| 1 | 297 | May, Trond Sage | 16:55 | 0:48 | 2:04 | 3:12 | 4:17 | 6:17 | 7:01 | 8:20 | 9:51 | 10:51 | 14:22 | 15:41 | 16:37 |
| | | | | 0:48 | 1:16 | 1:08 | 1:05 | 2:00 | 0:44 | 1:19 | 1:31 | 1:00 | 3:31 | 1:19 | 0:56 |
| | | | | | | | | | | | | | | 0:18 | |
| Open M2 (1) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F | |
| 129 | | Hocking, Martin VICO | mp | 14:27 | 17:54 | 20:52 | 21:44 | 24:57 | ---- | ---- | ---- | ---- | ---- | 1:07:41 | |
| | | | | 14:27 | 3:27 | 2:58 | 0:52 | 3:13 | | | | | | 42:44 | |
| Open M3 (3) | | | 2.1 km 57 m 11 C | | | | | | | | | | | | |
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F | |
| 1 | 267 | Woods, Stan GVOC | 22:16 | 2:19 | 3:33 | 5:03 | 10:46 | 12:03 | 13:55 | 16:24 | 17:57 | 18:26 | 21:04 | 21:58 | 22:16 |
| | | | | 2:19 | 1:14 | 1:30 | 5:43 | 1:17 | 1:52 | 2:29 | 1:33 | 0:29 | 2:38 | 0:54 | 0:18 |
| 2 | 351 | Johnson, Jeremy YOA | 22:37 | 1:35 | 2:38 | 6:34 | 12:20 | 13:36 | 15:05 | 17:43 | 18:53 | 19:21 | 21:34 | 22:21 | 22:37 |
| | | | | 1:35 | 1:03 | 3:56 | 5:46 | 1:16 | 1:29 | 2:38 | 1:10 | 0:28 | 2:13 | 0:47 | 0:16 |
| 3 | 368 | Svoboda, Michael FWOC | 26:43 | 2:20 | 5:14 | 6:40 | 10:34 | 12:34 | 14:15 | 20:25 | 21:48 | 22:30 | 25:18 | 26:25 | 26:43 |
| | | | | 2:20 | 2:54 | 1:26 | 3:54 | 2:00 | 1:41 | 6:10 | 1:23 | 0:42 | 2:48 | 1:07 | 0:18 |
| Open W1 (3) | | | 1.7 km 22 m 12 C | | | | | | | | | | | | |
| | | | 1(130) | 2(129) | 3(126) | 4(135) | 5(127) | 6(128) | 7(132) | 8(120) | 9(112) | 10(134) | 11(133) | 12(114) | F |
| 1 | 310 | Omdal, Ingrid FWOC | 14:37 | 1:44 | 3:03 | 4:15 | 5:34 | 7:20 | 8:33 | 9:33 | 10:57 | 11:45 | 12:20 | 13:21 | 14:17 |
| | | | | 1:44 | 1:19 | 1:12 | 1:19 | 1:46 | 1:13 | 1:00 | 1:24 | 0:48 | 0:35 | 1:01 | 0:56 |
| | | | | | | | | | | | | | | 0:20 | |
| 2 | 277 | Aksland, Julie FWOC | 21:55 | 2:53 | 4:46 | 7:01 | 8:36 | 10:54 | 12:48 | 14:34 | 16:52 | 17:56 | 18:29 | 20:07 | 21:26 |
| | | | | 2:53 | 1:53 | 2:15 | 1:35 | 2:18 | 1:54 | 1:46 | 2:18 | 1:04 | 0:33 | 1:38 | 1:19 |
| | | | | | | | | | | | | | | 0:29 | |
| 3 | 335 | Taylor, Anne YOA | 23:12 | 1:54 | 4:19 | 6:15 | 8:18 | 11:36 | 12:10 | 14:05 | 16:25 | 17:41 | 18:21 | 20:40 | 22:23 |
| | | | | 1:54 | 2:25 | 1:56 | 2:03 | 3:18 | 0:34 | 1:55 | 2:20 | 1:16 | 0:40 | 2:19 | 1:43 |
| | | | | | | | | | | | | | | 0:49 | |
| Open W2 (8) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F | |
| 1 | 336 | Taylor, Wendy YOA | 28:15 | 6:10 | 7:32 | 9:03 | 9:24 | 15:11 | 17:37 | 21:05 | 23:11 | 24:33 | 26:00 | 27:51 | 28:15 |
| | | | | 6:10 | 1:22 | 1:31 | 0:21 | 5:47 | 2:26 | 3:28 | 2:06 | 1:22 | 1:27 | 1:51 | 0:24 |
| 2 | 348 | Fenton, Jennifer GVOC | 29:11 | 2:13 | 4:27 | 5:58 | 6:24 | 8:38 | 11:06 | 20:09 | 23:26 | 24:56 | 27:27 | 28:51 | 29:11 |
| | | | | 2:13 | 2:14 | 1:31 | 0:26 | 2:14 | 2:28 | 9:03 | 3:17 | 1:30 | 2:31 | 1:24 | 0:20 |
| 3 | 287 | Bayly, Andrea FWOC | 31:38 | 4:07 | 5:51 | 7:51 | 8:15 | 10:38 | 12:47 | 22:44 | 24:03 | 25:47 | 29:42 | 31:14 | 31:38 |
| | | | | 4:07 | 1:44 | 2:00 | 0:24 | 2:23 | 2:09 | 9:57 | 1:19 | 1:44 | 3:55 | 1:32 | 0:24 |
| 4 | 286 | Cowling, Anne FWOC | 42:45 | 4:07 | 7:01 | 11:24 | 11:55 | 15:49 | 19:40 | 26:48 | 32:10 | 34:24 | 40:27 | 42:11 | 42:45 |
| | | | | 4:07 | 2:54 | 4:23 | 0:31 | 3:54 | 3:51 | 7:08 | 5:22 | 2:14 | 6:03 | 1:44 | 0:34 |
| 5 | 220 | Nelson, Doris CdeB | 45:36 | 6:03 | 8:54 | 10:46 | 11:27 | 13:46 | 29:11 | 36:38 | 39:23 | 41:28 | 43:40 | 45:07 | 45:36 |
| | | | | 6:03 | 2:51 | 1:52 | 0:41 | 2:19 | 15:25 | 7:27 | 2:45 | 2:05 | 2:12 | 1:27 | 0:29 |

| Pl | Stno | Name | Time | | | | | | | | | | | | |
|--------------------|-----------------------|-------------------------------|-------------------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Open W2 (8) | | | 1.9 km 45 m 11 C | | | | | | | | | | | | |
| | | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | 1(109) | 2(134) | 3(124) | 4(100) | 5(123) | 6(122) | 7(137) | 8(121) | 9(97) | 10(136) | 11(114) | F | |
| 6 | 108 | Graupner, Pat CdeB | 46:17 | 4:14 | 7:23 | 9:08 | 9:39 | 13:10 | 27:02 | 35:42 | 38:33 | 40:55 | 44:06 | 45:43 | 46:17 |
| | | | | 4:14 | 3:09 | 1:45 | 0:31 | 3:31 | 13:52 | 8:40 | 2:51 | 2:22 | 3:11 | 1:37 | 0:34 |
| 7 | 339 | Sadurskis, Aija Centrum OK | 46:40 | 7:25 | 9:51 | 11:54 | 12:25 | 23:07 | 31:38 | 36:24 | 40:26 | 42:16 | 44:44 | 46:10 | 46:40 |
| | | | | 7:25 | 2:26 | 2:03 | 0:31 | 10:42 | 8:31 | 4:46 | 4:02 | 1:50 | 2:28 | 1:26 | 0:30 |
| 221 | Nelson, Jenna CdeB | mp | 7:54 | 11:07 | 13:26 | 14:02 | 17:32 | 31:20 | 39:32 | ---- | 45:46 | 48:43 | 50:50 | 51:18 | |
| | | | | 7:54 | 3:13 | 2:19 | 0:36 | 3:30 | 13:48 | 8:12 | | 6:14 | 2:57 | 2:07 | 0:28 |
| Open W3 (7) | | | 2.1 km 57 m 11 C | | | | | | | | | | | | |
| | | | 1(96) | 2(108) | 3(123) | 4(137) | 5(118) | 6(111) | 7(100) | 8(121) | 9(110) | 10(109) | 11(114) | F | |
| 1 | 301 | Barrier, Marianne EOOC | 18:05 | 3:05 | 4:04 | 4:57 | 7:49 | 9:14 | 10:49 | 12:32 | 13:39 | 14:07 | 16:48 | 17:40 | 18:05 |
| | | | | 3:05 | 0:59 | 0:53 | 2:52 | 1:25 | 1:35 | 1:43 | 1:07 | 0:28 | 2:41 | 0:52 | 0:25 |
| 2 | 247 | Krsakova, Veronika Hana O | 23:55 | 1:29 | 2:54 | 4:45 | 9:46 | 11:25 | 14:06 | 17:26 | 19:00 | 19:31 | 22:15 | 23:30 | 23:55 |
| | | | | 1:29 | 1:25 | 1:51 | 5:01 | 1:39 | 2:41 | 3:20 | 1:34 | 0:31 | 2:44 | 1:15 | 0:25 |
| 3 | 195 | Price, Alison GVOC | 30:41 | 1:27 | 2:40 | 4:10 | 9:46 | 11:21 | 13:00 | 19:43 | 21:07 | 21:37 | 29:05 | 30:16 | 30:41 |
| | | | | 1:27 | 1:13 | 1:30 | 5:36 | 1:35 | 1:39 | 6:43 | 1:24 | 0:30 | 7:28 | 1:11 | 0:25 |
| 4 | 279 | Aksland, Berit FWOC | 37:20 | 2:46 | 4:11 | 6:36 | 11:42 | 14:00 | 16:15 | 28:52 | 30:37 | 31:17 | 35:43 | 36:59 | 37:20 |
| | | | | 2:46 | 1:25 | 2:25 | 5:06 | 2:18 | 2:15 | 12:37 | 1:45 | 0:40 | 4:26 | 1:16 | 0:21 |
| 5 | 314 | Hendrigan, Holly GVOC | 39:49 | 5:08 | 6:42 | 8:28 | 15:49 | 17:52 | 22:23 | 28:47 | 30:36 | 32:21 | 38:00 | 39:19 | 39:49 |
| | | | | 5:08 | 1:34 | 1:46 | 7:21 | 2:03 | 4:31 | 6:24 | 1:49 | 1:45 | 5:39 | 1:19 | 0:30 |
| 6 | 171 | Kuestner, Sue COC | 47:53 | 2:28 | 3:51 | 6:02 | 23:20 | 26:21 | 34:01 | 36:58 | 39:37 | 40:32 | 45:34 | 47:30 | 47:53 |
| | | | | 2:28 | 1:23 | 2:11 | 17:18 | 3:01 | 7:40 | 2:57 | 2:39 | 0:55 | 5:02 | 1:56 | 0:23 |
| 163 | Strat, Trish QOC | mp | 3:24 | 6:16 | 9:16 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | 24:29 | 25:32 | |
| | | | | 3:24 | 2:52 | 3:00 | | | | | | | 15:13 | 1:03 | |